HOW TO ORDER REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (NTEVEL08990)
- The NAME of the product (NordicTrack® VGR940 elliptical crosstrainer)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 18 of this manual).

Part No. 178059 R0901A

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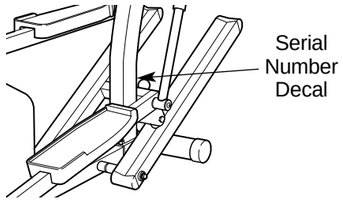
NordicTrack®
VGR940

Model No. NTEVEL08990
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4,
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL

HC Fitness Class Product

Visit our website at
www.nordictrack.com

NordicTrack®

VGR940

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HOW TO ORDER REPLACEMENT PARTS . . . . . Back Cover

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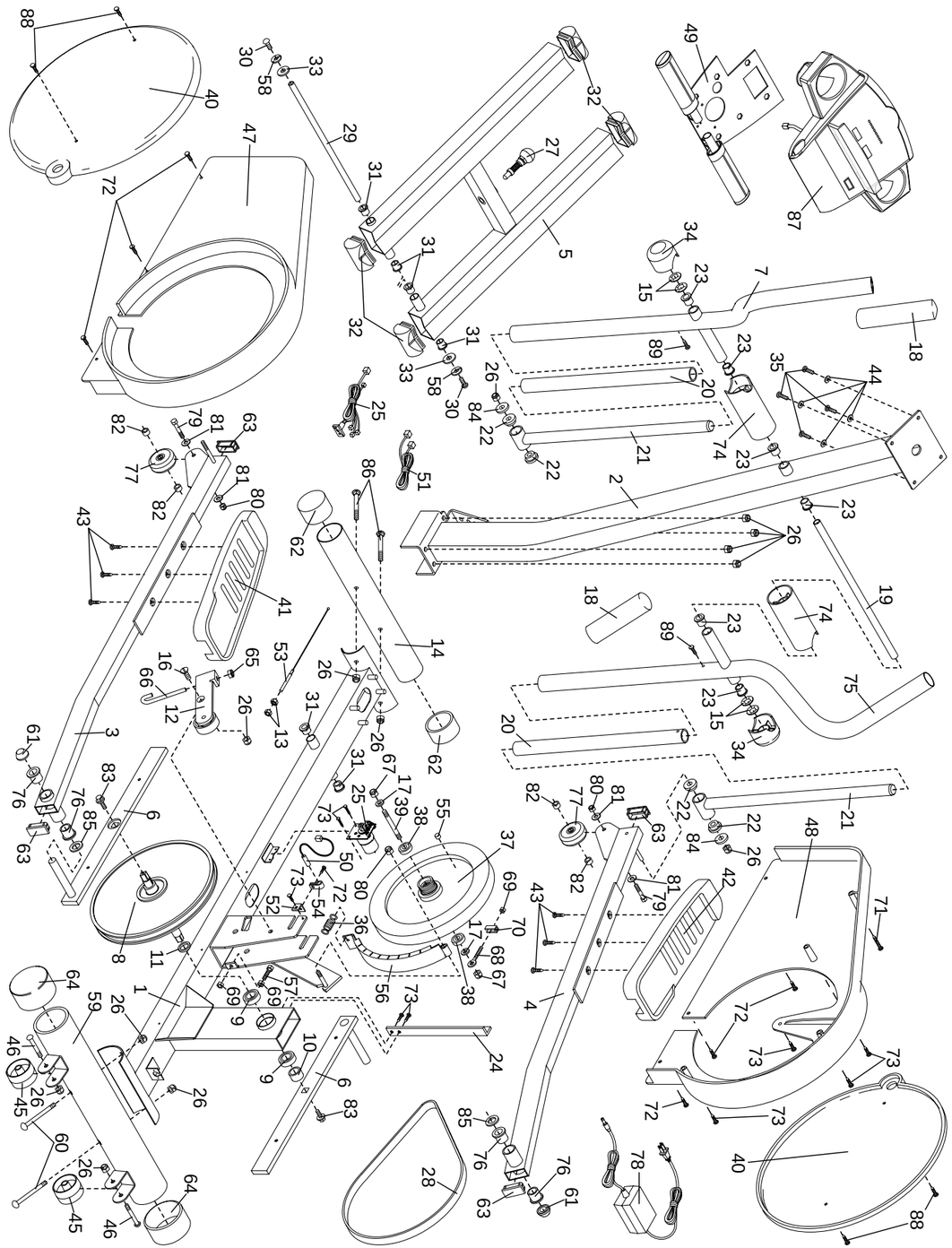
EXPLODED DRAWING—Model No. NTEVEL08990

R0901A



PART LIST—Model No. NTEVEL08990

R0901A

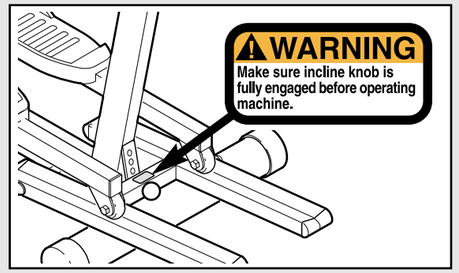
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	1	Right Side Shield
2	1	Upright	49	1	Console Base
3	1	Left Pedal Arm	50	1	Reed Switch/Wire
4	1	Right Pedal Arm	51	1	Harness Extension
5	1	Incline Frame	52	1	Reed Switch Bracket
6	2	Crank Arm	53	1	Resistance Cable
7	1	Left Upper Body Arm	54	1	Reed Switch Clamp
8	1	Large Pulley	55	1	Magnet
9	2	Frame Bearing	56	1	“C” Magnet
10	1	Plastic Crank Spacer	57	1	Stop Bolt
11	1	Flat Delrin Washer	58	2	M8 Split Washer
12	1	Idler Bracket	59	1	Rear Stabiliser
13	2	Nut	60	2	Rear Stabiliser Bolt
14	1	Front Stabiliser	61	2	3/4” Axle Cap
15	4	Push Nut	62	2	Front Stabiliser Endcap
16	1	Idler Arm Screw	63	4	Pedal Arm Cap
17	2	M10 Flat Washer	64	2	Rear Stabiliser Endcap
18	2	Foam Grip	65	1	“J” Bolt Nut
19	1	Arm Axle	66	1	“J” Bolt
20	2	Plastic Arm Sleeve	67	2	M10 Nylon Jam Nut
21	2	Chrome Tube	68	1	Eyebolt
22	4	Extension Tube Bushing	69	3	M6 Nylon Locknut
23	6	Arm Bushing	70	1	Adjustment Bracket
24	1	Side Shield Support	71	1	M4 x 63.5mm Screw
25	1	Wire Harness/Resistance Motor	72	7	M4 x 16mm Screw
26	13	M10 Nylon Locknut	73	9	M5 x 16mm Screw
27	1	Incline Knob	74	2	Axle Cover
28	1	Belt	75	1	Right Upper Body Arm
29	1	Incline Axle	76	4	Pedal Bushing
30	2	Incline Axle Screw	77	2	Pedal Wheel
31	6	Incline Bushing	78	1	Power Supply
32	4	Incline Frame Cap	79	2	Pedal Wheel Bolt
33	2	M8 Washer	80	3	M8 Nylon Locknut
34	2	Pivot Axle Cap	81	4	M8 Black Washer
35	4	Console Screw	82	4	Wheel Spacer
36	1	Spring	83	2	Flange Bolt
37	1	Flywheel	84	2	Chrome Tube Washer
38	2	Flywheel Bearing	85	2	Plastic Pedal Spacer
39	1	Flywheel Axle	86	2	Front Stabiliser Bolt
40	2	Pedal Disk	87	1	Console
41	1	Left Pedal	88	4	M5 x 25mm Screw
42	1	Right Pedal	89	2	M5 x 6mm Screw
43	6	Pedal Screw	#	1	Grease
44	4	Console Washer	#	1	Teflon® Lubricant
45	2	Wheel	#	1	Push Nut Tool
46	2	Wheel Bolt	#	2	Allen Wrench
47	1	Left Side Shield	#	1	User’s Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. **Read all instructions in this manual before using the elliptical crosstrainer.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.**
3. **Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.**
4. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under age 12 and pets away from the elliptical crosstrainer at all times.**
6. **The elliptical crosstrainer should not be used by persons weighing more than 114 kg (250 lbs.).**
7. **Always hold the handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.**
8. **Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.**
9. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
10. **When you stop exercising, allow the pedals to slowly come to a stop.**
11. **Keep your back straight when using the elliptical crosstrainer. Do not arch your back.**
12. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**
13. **The elliptical crosstrainer is intended for in-home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.**
14. **After adjusting the incline frame, move it up or down slightly until the pin on the incline knob snaps into one of the four holes in the incline bracket. Push the incline knob to make sure that the pin is fully inserted into the hole.**
15. **The decal shown below has been placed on the elliptical crosstrainer. If a decal is missing or illegible, please call our Customer Service Department toll-free at 08457 089 009 to order a free replacement decal. Apply the decal in the indicated location.**



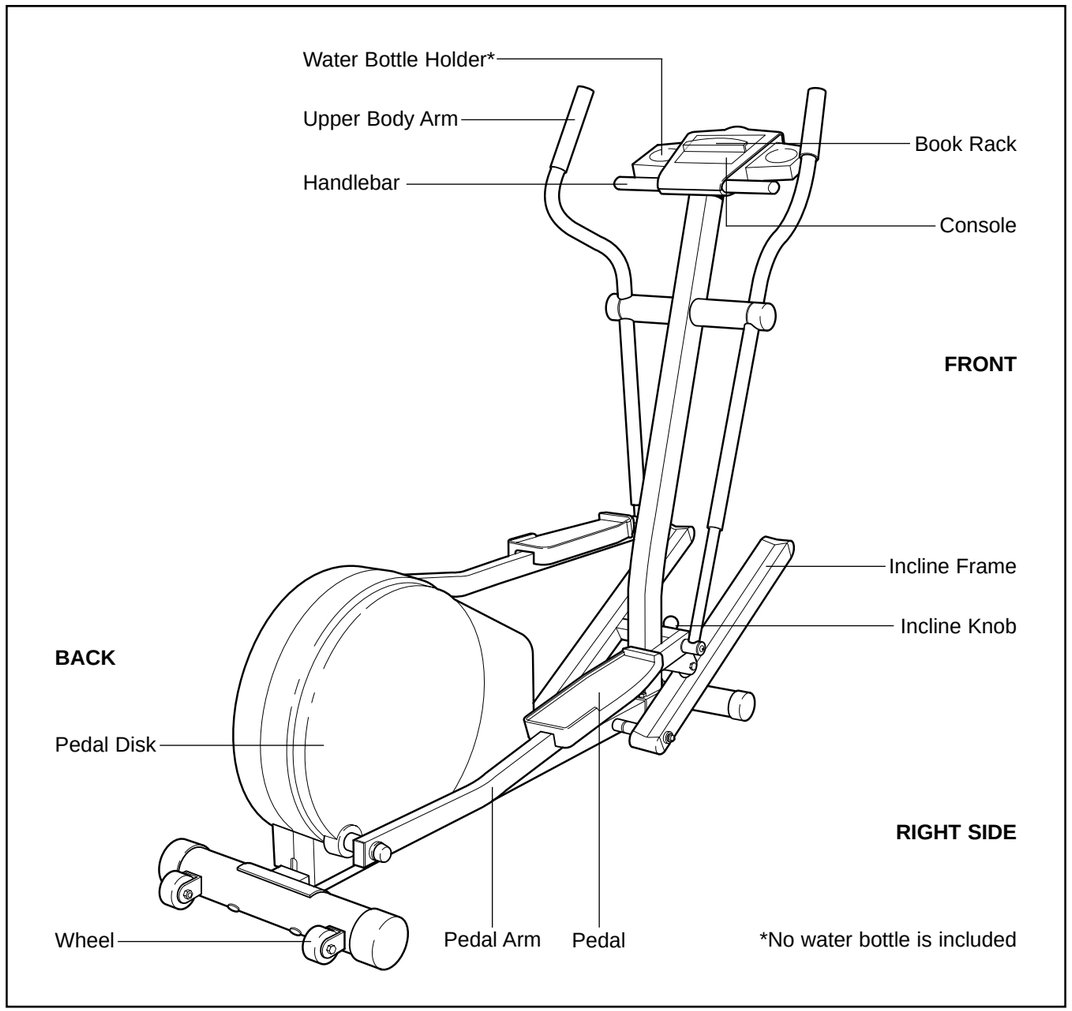
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® VGR940 elliptical crosstrainer. The NordicTrack® VGR940 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique NordicTrack® VGR940 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from NordicTrack.

For your benefit, read this manual carefully before you use the NordicTrack® VGR940. If you have additional questions, please call our Customer Service Department at **08457 089 009.** To help us assist you, please mention the product model number and serial number when calling. The model number is NTEVEL08990. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate, first exercise for at least four minutes. Then, measure your heart rate using the pulse sensor (see step 6 on page 11).

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

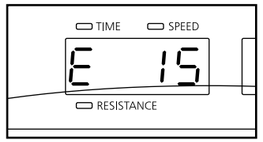
A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

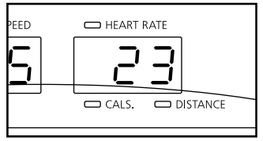
THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of hours that the elliptical crosstrainer has been used and the total number of miles that the pedals have moved. The information mode also allows you to switch the console from miles to kilometres. In addition, the information mode allows you to turn on and turn off the demo mode.

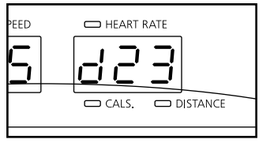
To select the information mode, press RESISTANCE button 1 and the SELECT WORKOUT button at the same time. The following information will be shown:



The left LED display will show the total number of hours that the elliptical crosstrainer has been used. In addition, an “E” for English miles or an “M” for metric kilometres will appear in the display. Press the START PROGRAM button to change the unit of measurement, if desired.



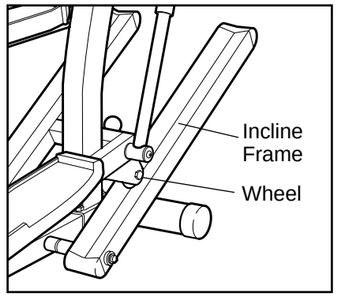
The right LED display will show the total number of miles that the pedals have moved.



IMPORTANT: Make sure that there is not a “d” in the right display. If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when an elliptical crosstrainer is displayed in a store. When the console is in the demo mode, the power supply can be plugged in and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a “d” appears in the right display when the information mode is selected, press the SELECT WORKOUT button so the “d” disappears.**

To exit the information mode, press RESISTANCE button 1 and the SELECT WORKOUT button at the same time.

MAINTENANCE AND TROUBLESHOOTING



For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasive or solvents.**

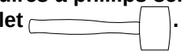
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

CALIBRATING THE RESISTANCE SYSTEM

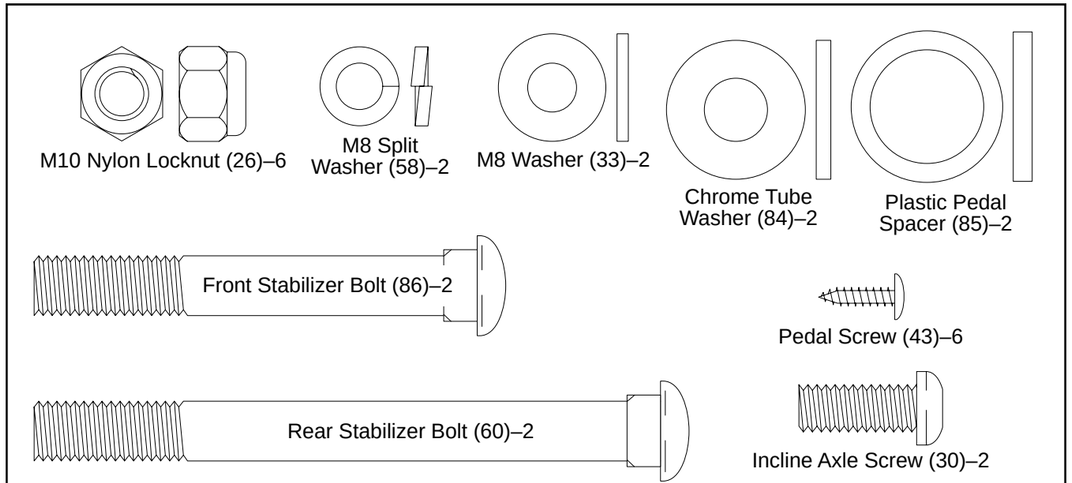
If the elliptical crosstrainer’s resistance system is not working properly, you may need to activate the calibration process.

To activate the resistance calibration process, press RESISTANCE button 1. Wait for the resistance motor to stop. Next, press RESISTANCE button 10. Whilst the resistance motor is running, unplug the power supply from the elliptical crosstrainer (see step 11 on page 8). Do not unplug the power supply from the wall. Wait for a few seconds and then plug the power supply back into the elliptical crosstrainer. The resistance system will now calibrate itself. It will not need to be calibrated again.

ASSEMBLY

Assembly requires two people. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the two included allen wrenches, assembly requires a phillips screwdriver** **, an adjustable spanner** **, and a rubber mallet**  **.**

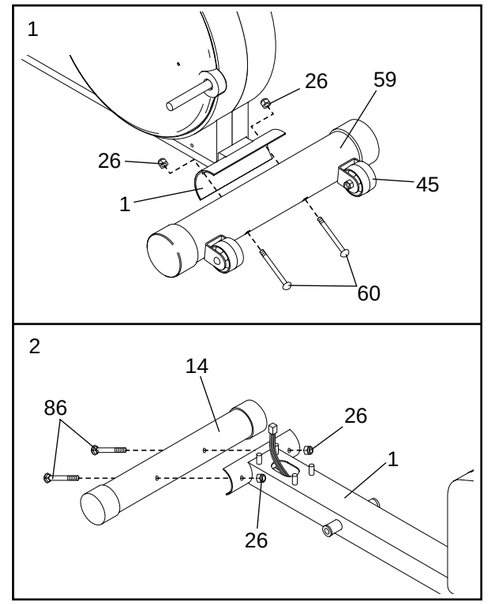
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 18. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Rear Stabiliser (59), which has Wheels (45) attached to it.

   Attach the Rear Stabiliser (59) to the rear of the Frame (1) with the two Rear Stabiliser Bolts (60) and two M10 Nylon Locknuts (26). **Make sure that the Rear Stabiliser is turned so the Wheels are not touching the floor.**

2. Attach the Front Stabiliser (14) to the front of the Frame (1) with the two Front Stabiliser Bolts (86) and two M10 Nylon Locknuts (26).



3. Slide an M8 Split Washer (58) and an M8 Washer (33) onto an Incline Axle Screw (30). Tighten the Incline Axle Screw into one end of the Incline Axle (29). Next, apply a small amount of the included grease to the Incline Axle.

   Align the indicated tubes on the Incline Frame (5) with the tubes on the Frame (1). **Make sure that the Incline Frame is turned so the V-shaped grooves are on top.** Insert the Incline Axle (29) through the Incline Frame and the Base. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.

   Slide an M8 Split Washer (58) and an M8 Washer (33) onto the other Incline Axle Screw (30). Tighten the Incline Axle Screw into the open end of the Incline Axle (29).

4. Remove the four Console Screws (35) and the four Console Washers (44) from the Console (87).

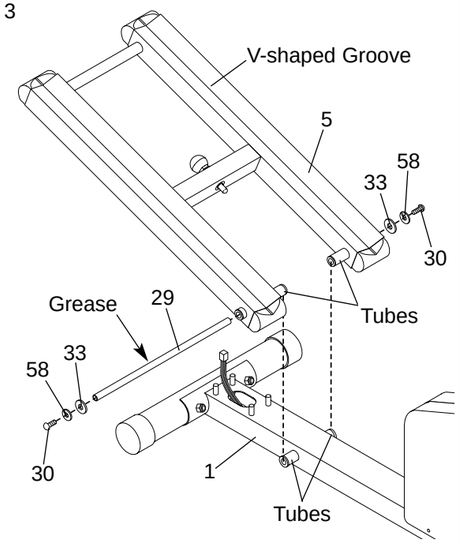
   Connect the console wire to the Harness Extension (51).

   Attach the Console (87) to the Upright (2) with the four Console Screws (35) and the four Console Washers (44) removed previously. **Be careful to avoid pinching the wires.**

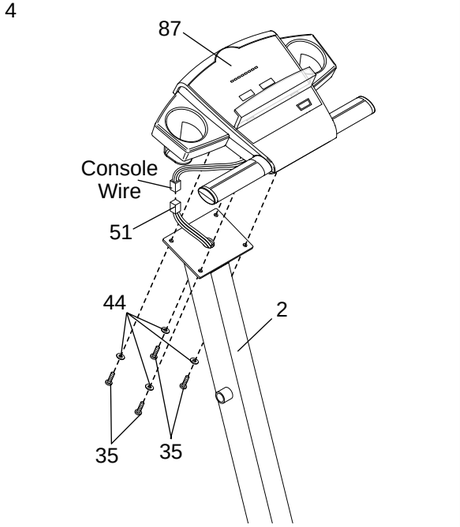
5. Remove the four M10 Nylon Locknuts (24) (not shown) from the welded bolts on the front of the Frame (1).

   Lay a cloth over the front of the Frame (1) to protect it from scratches. Lay the Upright (2) in the position shown. Connect the Harness Extension (51) to the Wire Harness (25).

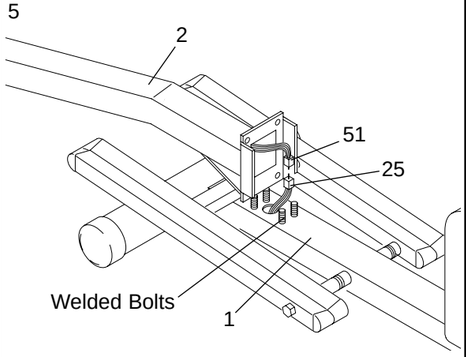
3



4



5



HOW TO USE IFIT.COM CD'S

iFIT.com CD's (available separately) automatically control the resistance of the pedals as a personal trainer coaches you through every step of your workout. For information about purchasing CD's, call 08457 089 009.

Before using iFIT.com CD's, you must connect the elliptical crosstrainer to your CD player. Refer to pages 13 and 14 for connecting instructions. Follow the steps below to use iFIT.com CD's.

1 **Make sure that the power supply is plugged in.**

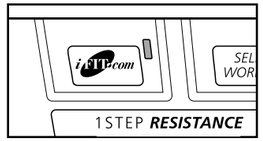
Refer to page 9.

2 **Press any button on the console or move the pedals to turn on the power.**

When one of the buttons on the console is pressed or the pedals are moved, various displays and indicators will light and the left LED display will begin to flash. Note: If the power supply was just plugged in, the power will already be on.

3 **Select the iFIT.com mode.**

When the power is turned on, the manual mode will be selected and the manual indicator will light. To select the iFIT.com mode, press the iFIT.com button. The indicator on the button will light.



4 **Insert the iFIT.com CD into your CD player.**

5 **Press the play button on your CD player to start the program.**

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

During the CD program, the resistance of the pedals will automatically change according to the settings of the program. An electronic "chirping" sound will alert you when the resistance is about to change. If the resistance setting is too high or too low, you can manually override the setting at any time by pressing the RESISTANCE buttons on the console. However, when the next "chirp" is heard, the resistance will change back to the next setting for the program.

Note: If the resistance of the pedals does not change when a "chirp" is heard:

- **make sure that the indicator on the iFIT.com button is lit**
- **adjust the volume of your CD player. If the volume is too high or too low, the console may not detect the program signals**
- **make sure that the audio cable is properly connected and that it is fully plugged in.**

6 **Watch your progress with the program display, the training zone display, and the LED displays.**

Refer to step 5 on pages 10 and 11.

7 **Measure your heart rate, if desired.**

Refer to step 6 on page 11.

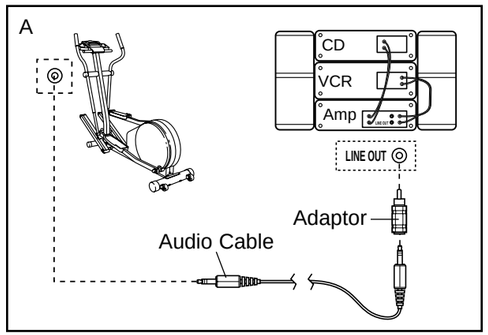
8 **When the program is finished, turn off the power.**

Refer to step 7 on page 11.

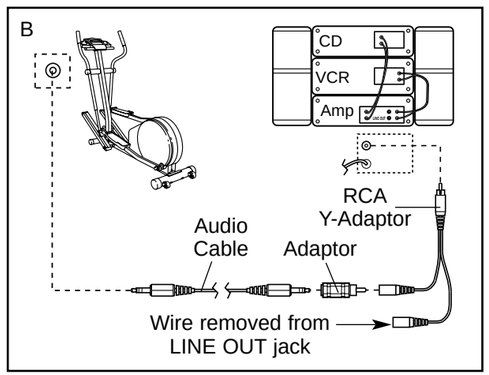
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the included adaptor. Plug the adaptor into the LINE OUT jack on your stereo.



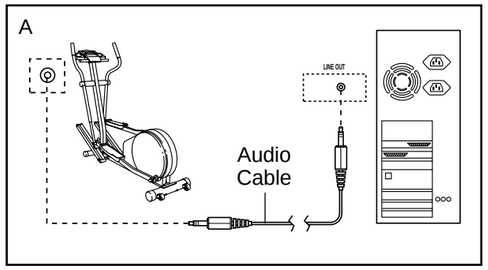
B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the included adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the RCA Y-adaptor. Plug the RCA Y-adaptor into the LINE OUT jack on your stereo.



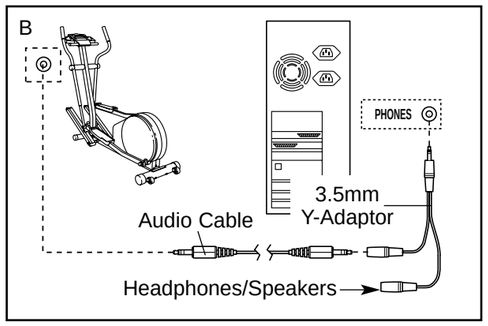
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your computer.



B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adaptor.



6. Align the two holes in the front of the Upright (2) with the two welded bolts on the front of the Frame (1).

   Next, pivot the Upright (2) about halfway to a vertical position. **Refer to the inset drawing. As you raise the Upright, look into the lower end and make sure that the Harness Extension (51) and the Wire Harness (25) do not get pinched between the Upright (2) and the Frame (1). In addition, feed the slack in the Harness Extension and the Wire Harness into the Upright.** Continue to raise the Upright until the four welded bolts are inserted through the bracket at the bottom of the Upright.

   Lift the front of the Incline Frame (5). Tighten an M10 Nylon Locknut (26) onto each welded bolt.

7. Identify the Left Pedal Arm (3), which has an “L” sticker on it. Next, identify the Left Pedal (41), which has the letter “L” molded onto the bottom.

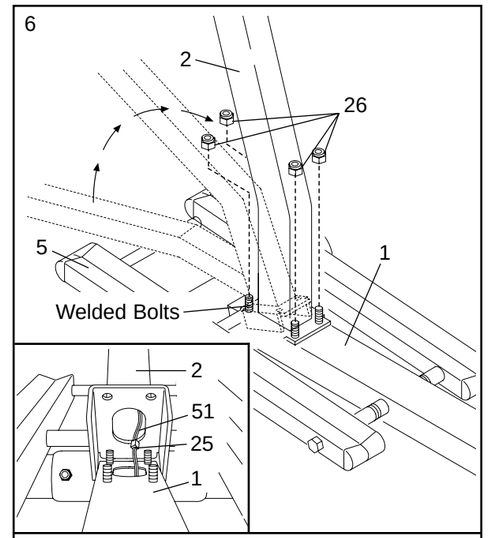
   Turn over the Left Pedal Arm (3) as shown. Insert the three plastic posts on the Left Pedal (41) into the three indicated holes in the Left Pedal Arm. **Make sure that the Left Pedal is turned as shown.** Attach the Left Pedal with three Pedal Screws (43).

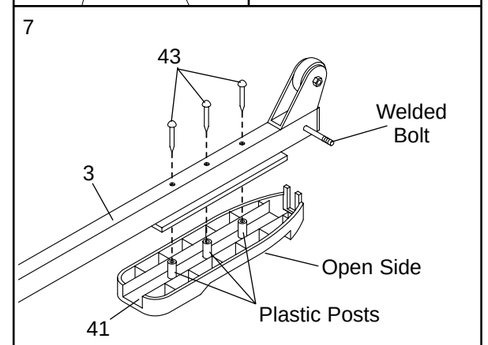
   Attach the Right Pedal (42) (not shown) to the Right Pedal Arm (4) (not shown) in the same way.

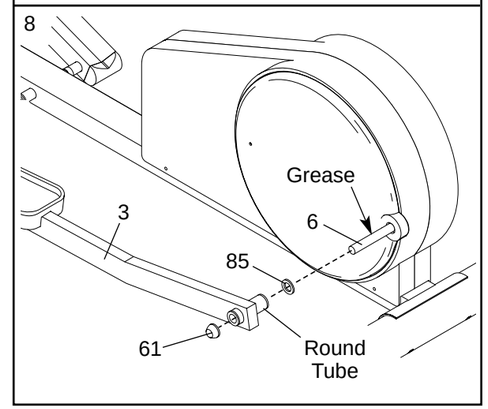
8. Apply a small amount of grease to the axle on the left Crank Arm (6).

   Side a Plastic Pedal Spacer (85) and the Left Pedal Arm (3) onto the axle on the left Crank Arm (6). Note: It may be helpful to use a rubber mallet to tap these parts on. **Be careful not to confuse the Left Pedal Arm with the Right Pedal Arm (4) (not shown); look at the position of the round tube to identify the Left Pedal Arm.** Next, tap a 3/4” Axle Cap (61) onto the axle.

   Attach the Right Pedal Arm (4) (not shown) in the same way.







9. Apply grease to the welded bolt on the Left Pedal Arm (3). Slide a Chrome Tube (21) and a Chrome Tube Washer (84) onto the welded bolt. **Make sure that the Chrome Tube is turned exactly as shown in the inset drawing.** Then, tighten an M10 Nylon Locknut (26) onto the welded bolt.

   Attach the other Chrome Tube (not shown) to the Right Pedal Arm (4) in the same way.

   Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin film of the lubricant onto both Chrome Tubes (21).

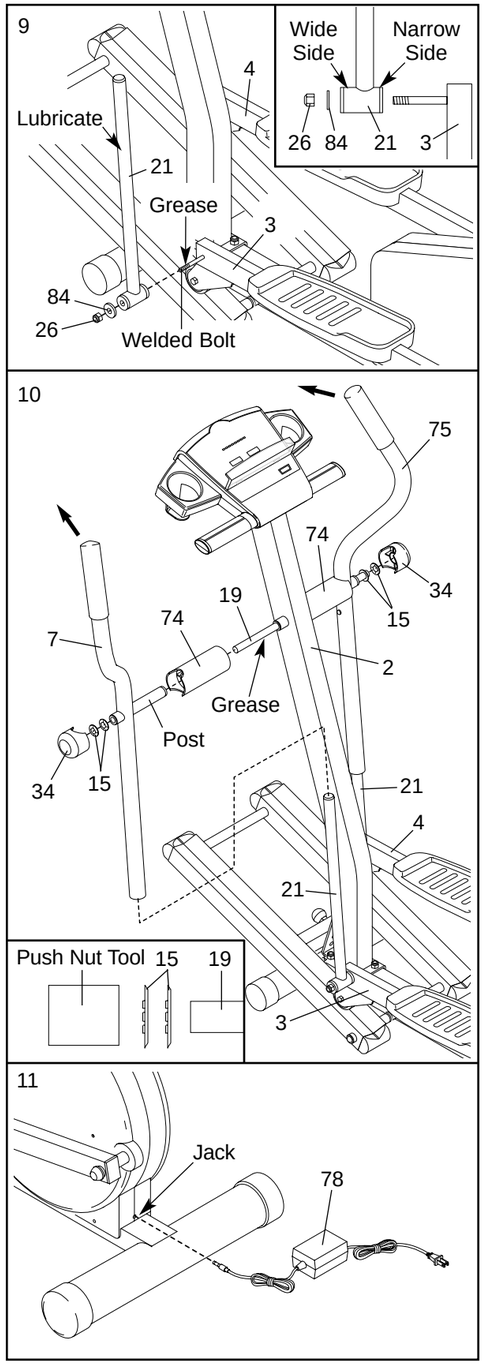
10. Slide the Left Upper Body Arm (7), which is marked with an “L” sticker, onto the Chrome Tube (21) on the Left Pedal Arm (3). Slide the Right Upper Body Arm (75) onto the Chrome Tube on the Right Pedal Arm (4). **Make sure that the Upper Body Arms are on the correct sides—the upper ends should bend in the direction shown by the arrows.** Next, slide an Axle Cover (74) onto the post on each Upper Body Arm.

    Apply grease to the Arm Axle (19). Insert the Arm Axle into the Upright (2), the right Axle Cover (74), and the Right Upper Body Arm (75) as shown. Push the Arm Axle into the Upright until the left end of the Axle is flush with the left side of the Upright. Next, raise the Left Upper Body Arm (7) and insert the Arm Axle into the left Axle Cover (74) and the Left Upper Body Arm. **Centre the Arm Axle.**

    Using the included push nut tool, tap two Push Nuts (15) **about 3 mm (1/8 in.)** onto each end of the Arm Axle (19). Make sure that the Push Nuts are turned as shown in the inset drawing. Note: It may be helpful if another person holds a block of wood against one end of the Arm Axle whilst you tap Push Nuts onto the other end.

    Press the two Pivot Axle Caps (34) onto the Arm Axle (19).

11. Plug the Power Supply (78) into the jack at the rear of the elliptical crosstrainer. **Note: Your Power Supply may look different from the one pictured.**



12. **Make sure that all parts of the elliptical crosstrainer are properly tightened. Note: Some hardware may be left over after assembly is completed.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

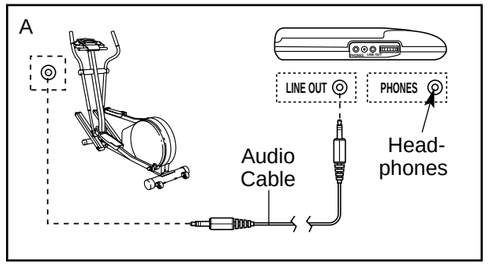
HOW TO CONNECT YOUR CD PLAYER TO THE ELLIPTICAL CROSSTRAINER

To use iFIT.com CD’s (available separately), the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. Refer to this page and page 14 for connecting instructions.

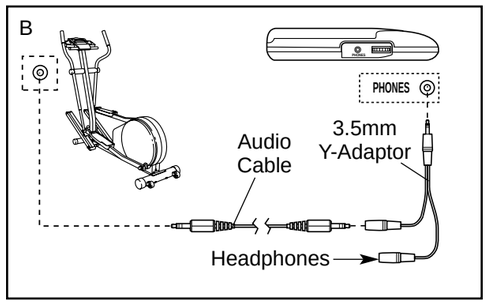
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



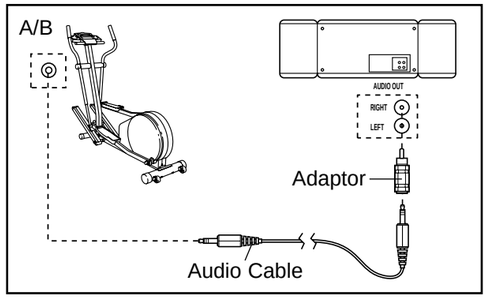
B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



HOW TO CONNECT YOUR PORTABLE STEREO

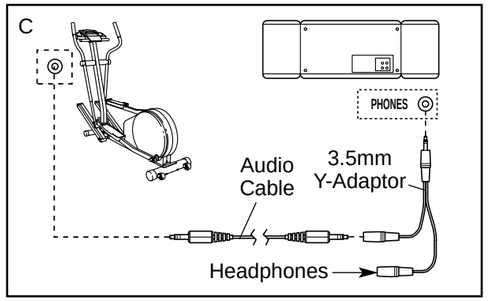
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the included adaptor. Plug the adaptor into an AUDIO OUT jack on your stereo.



B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adaptor.

C. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



HOW TO USE A PRESET PROGRAM

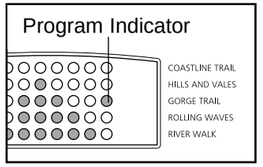
1 Make sure that the power supply is plugged in.

Refer to page 9.

2 Press any button on the console or move the pedals to turn on the power.

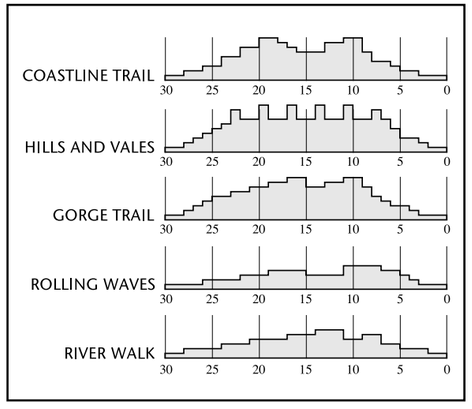
When one of the buttons on the console is pressed or the pedals are moved, various displays and indicators will light and the left LED display will begin to flash. Note: If the power supply was just plugged in, the power will already be on.

3 Select one of the five preset programs.

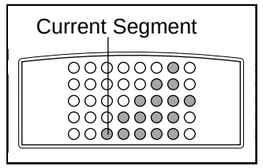


When the power is turned on, the manual mode will be selected and the manual indicator will light. To select a preset program, press the SELECT WORKOUT button repeatedly until one of the five program indicators lights.

The graphs below show how the resistance will change during the five preset programs. During the Gorge Trail program, for example, the resistance will gradually increase during the first half of the program and then gradually decrease. Note: When a program is selected, the program display will show a simplified graph of the program.



4 Press the START PROGRAM button and begin exercising.



Each program is divided into several individual segments. Each segment is one, two, three, or four minutes long. One resistance setting is programmed for each segment. The resistance setting for the first segment will be shown in the flashing Current Segment column of the program display. The resistance settings for the next four segments will be shown in the segments to the right.

When only three seconds remain in the first segment, both the Current Segment column and the column to the right will flash, a series of tones will sound, and all resistance settings will move one column to the left. The resistance setting for the second segment will then be shown in the flashing Current Segment column and the resistance of the pedals will automatically adjust to the second setting. The program will continue in this way until the resistance setting for the last segment is shown in the Current Segment column and the last segment ends.

Note: You can manually override the resistance setting for the current segment, if desired, by pressing the RESISTANCE buttons. However, **when the next segment begins, the resistance of the pedals will automatically adjust to the setting for the next segment.**

Note: If you stop exercising for six seconds or longer, the program will pause and the left LED display will begin to flash. To restart the program, simply resume exercising.

5 Watch your progress with the training zone display and the LED displays.

Refer to step 5 on pages 10 and 11.

6 Measure your heart rate, if desired.

Refer to step 6 on page 11.

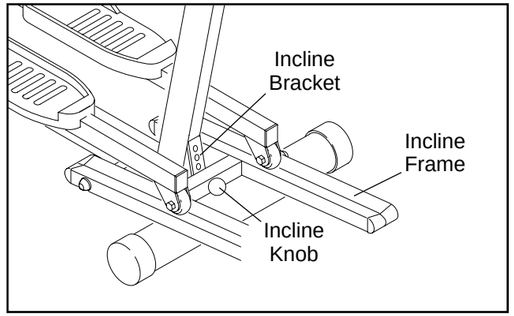
7 When the program is finished, turn off the power.

Refer to step 7 on page 11.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

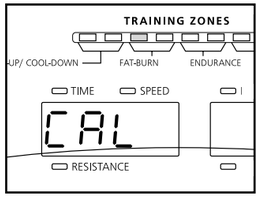
INCLINE ADJUSTMENT

As you exercise on the elliptical crosstrainer, you can vary the effect of the exercise by raising or lowering the incline frame. First, position the pedal arms side by side as shown. Next, **lift the incline frame slightly** and pull the incline knob. Raise or lower the incline frame to the desired position and release the incline knob. **Move the incline frame up or down slightly until the pin on the incline knob snaps into one of the four holes in the incline bracket. Push the incline knob to make sure that the pin is fully inserted into the hole.**



HOW TO PLUG IN THE POWER SUPPLY

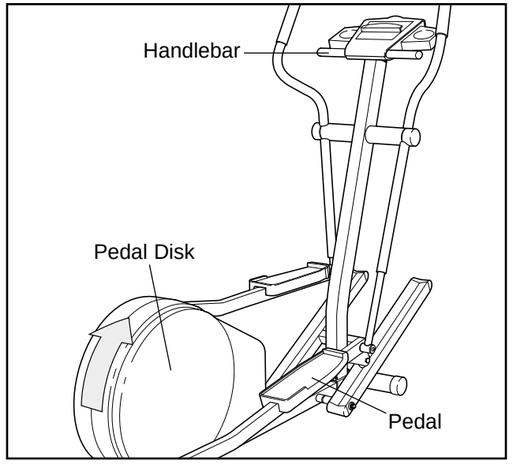
Make sure that the power supply is plugged into the elliptical crosstrainer (see step 11 on page 8). Next, plug the power supply into an electrical outlet.



Note: Each time the power supply is plugged in, the elliptical crosstrainer will automatically calibrate itself. Calibration will take less than one minute. During calibration, the letters “CAL” will appear in the left LED display and the indicators in the TRAINING ZONE display will light in a rapid sequence.

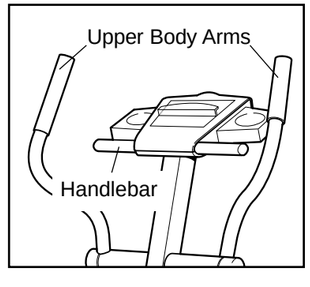
EXERCISING ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handlebar and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow below; however, to give variety to your exercise, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO USE THE UPPER BODY ARMS



The upper body arms are designed to add upper-body exercise to your workouts. Move the upper-body arms forward and back as you exercise in order to work your arms, back, and shoulders.

To exercise only your lower body, hold the handlebar as you exercise.

DESCRIPTION OF THE CONSOLE

The advanced console offers a variety of features to help you get the most from your workouts. When the manual mode of the console is selected, the resistance of the pedals can be changed with a touch of a button. As you exercise, the program display, the training zone display, and the two LED displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

In addition, the console offers five preset workout programs. Each program automatically controls the resistance of the pedals as it guides you through an effective workout.

The console also features revolutionary iFIT.com technology. This technology allows the console to play specially-designed CD's (available separately) that automatically control the resistance of the pedals as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two workout programs designed by AFA™-certified personal trainers. For information about the availability of iFIT.com CD's, call toll-free 08457 089 009 or visit our web site at www.iFIT.com.

Note: The console can display speed and distance in either miles or kilometres. To select the desired unit of measurement, refer to the instructions at the top of page 16.

HOW TO USE THE MANUAL MODE

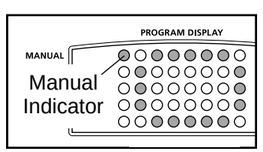
1 Make sure that the power supply is plugged in.

Refer to page 9.

2 Press any button on the console or move the pedals to turn on the power.

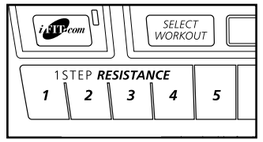
When one of the buttons on the console is pressed or the pedals are moved, various displays and indicators will light and the left LED display will begin to flash. Note: If the power supply was just plugged in, the power will already be on.

3 Select the manual mode.



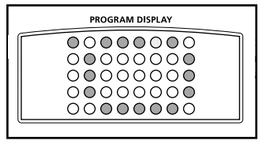
When the power is turned on, the manual mode will be selected and the manual indicator will light. If you have selected a preset program or the iFIT.com mode, press the SELECT WORKOUT button repeatedly to select the manual mode.

4 Begin exercising and adjust the resistance of the pedals as desired.

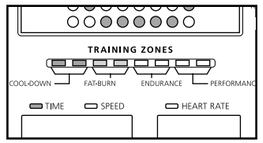


As you exercise, change the resistance of the pedals by pressing the RESISTANCE buttons. There are ten resistance levels; level 1 is the easiest. Note: After a RESISTANCE button is pressed, it will take a moment for the pedals to reach the selected resistance level.

5 Watch your progress with the program display, the training zone display, and the LED displays.

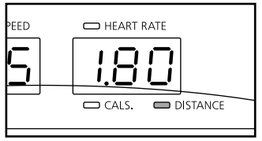


The Program Display—When the manual mode or the iFIT.com mode is selected, the program display will show a track representing 1/4 mile. As you exercise, the indicators around the track will flash to indicate your position on the track.



The Training Zone display—As you exercise, the training zone display will show whether the intensity of your exercise is ideal for warming up/cooling down, fat burning, endurance/aerobic, or high performance athletic conditioning.

The left LED display—As you exercise, the left display will show the elapsed time, your current speed, and the current resistance level. The display will change from one number to the next every six seconds, as shown by the TIME, SPEED, and RESISTANCE indicators. Note: When a preset program is selected, the left display will show the time remaining in the program rather than the elapsed time.

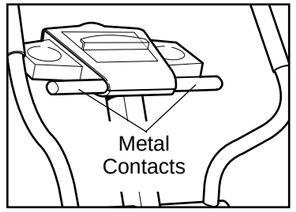


The right LED display—As you exercise, the right display will show the approximate number of calories you have burned and the distance you have travelled. The display will change from one number to the other every six seconds, as shown by the HEART RATE, CALS., and DISTANCE indicators. This display will also show your heart rate when the pulse sensor is used (see step 6).

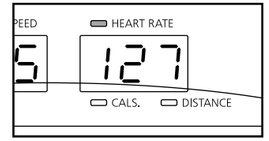
Note: If you stop exercising for six seconds or longer, the console will pause and the left LED display will begin to flash.

6 Measure your heart rate, if desired.

Note: Before using the pulse sensor, peel the protective vinyl off the metal contacts on the top and bottom of the pulse sensor.



To measure your heart rate, place your hands on the metal contacts on the pulse sensor. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. **Avoid moving your hands.**



When your pulse is detected, the heart rate indicator above the right LED display will light, one to three dashes will appear in the display, and then your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. Note: If your heart rate is not shown, make sure that your hands are positioned as described above. Be careful not to move your hands excessively or squeeze the metal contacts too tightly.

Note: When you hold the pulse sensor, the right LED display will show your heart rate for up to two minutes. If you continue to hold the pulse sensor, the display will show your heart rate along with the number of calories you have burned and the distance you have travelled.

7 When you are finished exercising, turn off the power.

To turn off the power, simply wait for about ten minutes. **The console has an "auto-off" feature. If the console buttons are not pressed and the pedals are not moved for ten minutes, the console will turn off automatically.**

Note: If the displays and indicators remain lit after ten minutes, the console may be in the "demo" mode. Refer to the instructions on page 16 to turn off the demo mode.